

## **Claims**

What is claimed is:

1. A composition comprising:

coenzyme Q-10 or an analog thereof;

a sufficient quantity of a monoterpene suitable to solubilize said coenzyme Q-10; and

an acceptable carrier.

2. The composition of claim 1, wherein said coenzyme Q-10 or an analog thereof is selected from the group consisting of coenzyme Q-10, reduced coenzyme Q-10 and semi-reduced coenzyme Q-10.

3. The composition of claim 1, wherein said monoterpene is limonene or a derivative thereof.

4. The composition of claim 3, wherein said limonene derivatives are selected from the group consisting of perillyl alcohol, perillic acid, cis-dihydroperillic acid, trans-dihydroperillic acid, methyl esters of perillic acid, methyl esters of dihydroperillic acid, limonene-2-diol, uroterpenol, and combinations thereof.

5. The composition of claim 1, wherein said composition is in the form of a solution, an elixir, a suspension, or a caplet.

6. The composition of claim 5, wherein said caplet is a soft gelatin tablet.

7. The composition of claim 6, wherein said soft gelatin tablet further comprises rice bran oil or beeswax.

8. The composition of claim 1, wherein said coenzyme Q-10 or analog thereof is solubilized in said monoterpene in an amount of at least about 0.1 % by weight to about 45% by weight at room temperature.

9. The composition of claim 1, wherein said coenzyme Q-10 or analog thereof is solubilized in said monoterpene in an amount of least about 5% to about 40% by weight at room temperature.

10. The composition of claim 1, further comprising vitamin E.

11. The composition of claim 1, further comprising a seed oil.

12. The composition of claim 1, further comprising a fish oil

13. The composition of claim 1, further comprising an antioxidant.

14. A soft gelatin capsule, comprising

at least 5% by weight of coenzyme Q-10 or an analog thereof  
solubilized in a monoterpene.

15. The soft gelatin capsule of claim 14, wherein said coenzyme Q-10 or analog thereof is selected from the group consisting of coenzyme Q-10, reduced coenzyme Q-10 and semi-reduced coenzyme Q-10.

16. The soft gelatin capsule of claim 14, wherein said monoterpene is limonene or a derivative thereof.

17. The soft gelatin capsule of claim 16, wherein said limonene derivative is selected from the group consisting of perillyl alcohol, perillic acid, cis-dihydroperillic acid, trans-dihydroperillic acid, methyl esters of perillic acid, methyl esters of dihydroperillic acid, limonene-2-diol, uroterpenol, and combinations thereof.

18. The soft gelatin capsule of claim 14, wherein said coenzyme Q-10 is solubilized in said monoterpenes in an amount of about 10 percent to about 40 percent by weight.

19. The composition of claim 14, wherein said soft gelatin tablet further comprises rice bran oil or beeswax.

20. The composition of claim 14, wherein said soft gelatin tablet further comprises an antioxidant.

21. A method for the delivery of an effective amount of bioavailable coenzyme Q-10 to an individual in need thereof, comprising the steps of

providing coenzyme Q-10 solubilized in a monoterpenes and an acceptable carrier, such that an effective amount of coenzyme Q-10 is provided to an individual.

22. A packaged nutraceutical formulation comprising:

coenzyme Q-10 or an analog thereof, and a sufficient quantity of a monoterpenes suitable to solubilize said coenzyme Q-10, wherein said formulation is encapsulated in a gelatin capsule; and

instructions for use thereof.

23. The packaged nutraceutical formulation of claim 22, wherein said coenzyme Q-10 or an analog thereof is selected from the group consisting of coenzyme Q-10, reduced coenzyme Q-10 and semi-reduced coenzyme Q-10.

24. The packaged nutraceutical formulation of claim 22, wherein said monoterpenes is limonene or a derivative thereof.